

# FALL-RELATED TRAUMATIC BRAIN INJURY 2004

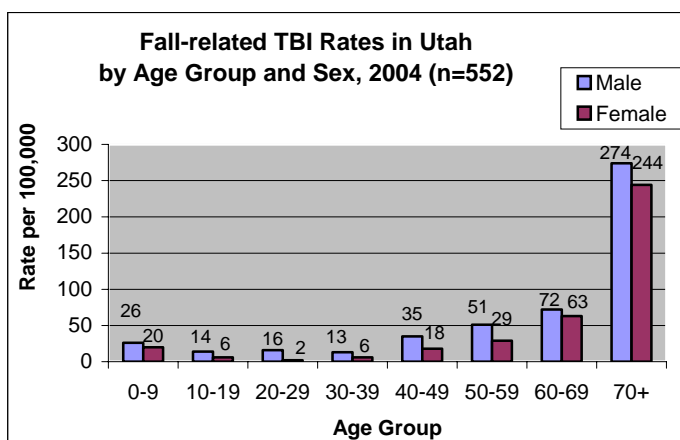
## Facts about fall-related TBI in Utah:

- Ninety-three percent of fall-related TBI patients were hospitalized and seven percent died.
- Forty percent of TBI survivors required extensive inpatient rehabilitation or home nursing care after the injury.
- Fall-related TBI was a leading cause of injury death among Utahns ages 60 and older.

## 2004 Utah Traumatic Brain Injury Data\*

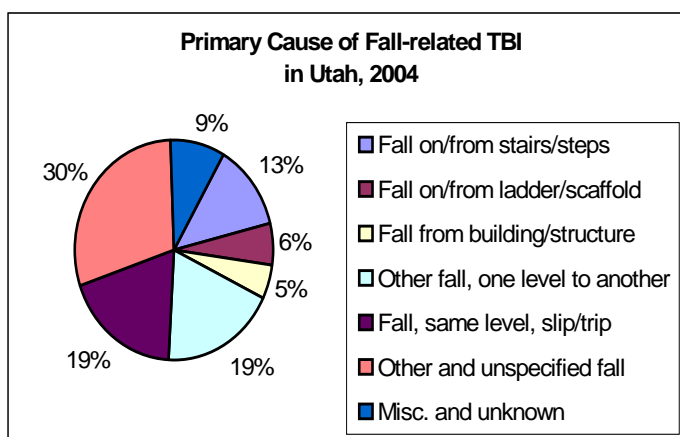
### WHO

- Males made up 56.2% of fall-related TBI cases.
- Utahns over age 70 had three to four times the risk of suffering a fall-related TBI.



### HOW

- Nearly one in five (19%) fall-related TBIs are the result of tripping or slipping on the same level.
- Only six percent of the injuries involved a fall from a ladder or scaffolding.



\*All data are from the UDOH Violence and Injury Prevention Program Traumatic Brain Injury Surveillance Project database.



## FALL PREVENTION

### Home

- Remove things you can trip over from stairs and walkways.
- Remove small throw rugs.
- Use a sturdy step stool to reach overhead items.
- Install grab bars next to the toilet and in the tub and shower.
- Use non-slip mats or other surfacing in the tub and shower.
- Use brighter lamps to help you see better around the house.
- Put sturdy handrails in stairways.
- Wear sturdy shoes with good support and non-slip soles. Avoid wearing slippers and running shoes with deep treads.

### Health

- Get your vision checked annually.
- Have your doctor check your medicines for dangerous interactions that could lead to falls.
- With doctor approval, exercise to strengthen bones and muscles.
- If your doctor recommends it, use a cane or walker.